

KESWICK Mountain Rescue Team

A Registered Charity Number 509860

Annual Report
2011

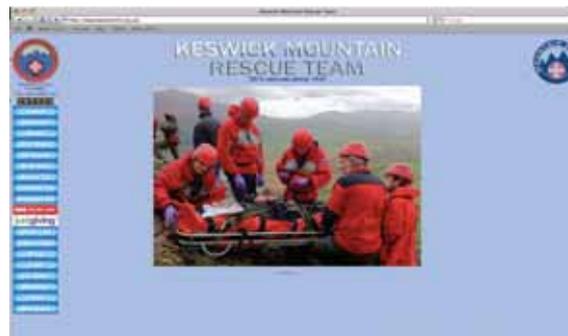
Introduction



Grisedale Pike

Venus Griffiths

www.keswickmrt.org.uk



Website homepage

Welcome to the 2011 Annual Report of
Keswick Mountain Rescue Team.

This is a record of the Team's activities in 2010.

The Team operates in the area shown on the map on *page 2*.
Sometimes the Team is needed elsewhere.

For more information about the Team,
see www.keswickmrt.org.uk
Please support the Team through the links from the website to
[The Charities Aid Foundation](#) and [JustGiving](#).
And see "*Please support us*" on *pages 38 and 39*.

Thanks

The painting has been donated by Venus Griffiths.
The framed original is for sale to the highest bidder.
It may be viewed at Derwent Frames, High Hill, Keswick.
All proceeds to Keswick Mountain Rescue Team.

Photographs

All photographs used in this report
have been contributed
by Keswick Mountain Rescue Team members.

Keswick Mountain Rescue Team 2011

President: Mike Nixon MBE

Chairman: Alan Prescott

Secretary: Paul Cheshire

Treasurer: Ian Wallace
Spooney Green House
Spooney Green Lane,
Keswick, Cumbria CA12 4PJ

Team Leader: Mark Hodgson

Committee: Fiona Boyle, Paul Horder

Deputy Team Leaders: Chris Gillyon, Roy Henderson
Chris Higgins, Simon Hodgson

Medical Officer: Dr Tim Hooper

Training Officers: Steven Hepburn, Nick Jones

Radio Officer: Alan Prescott

Transport Officer: Allan Alcock

Equipment Officers: Richard Gale, Nick Jones

Base Officer: Paul Carter

Social Secretary: Elly Whiteford

Report Editor: Peter Little



Allan Alcock
Stephen Allen
Donald Angus
Paul Barnes
Jan Beedham
Martin Bell
Fiona Boyle
Paul Carter
Paul Cheshire
Dr Adrian Clifford
Neil Dowie
Donald Ferguson
Chris Francis
Richard Gale
Chris Gillyon
Geoff Gilmore
Rob Grange
Mick Guy
David Harbourne
Chris Harling
Sean Hayes
Roy Henderson
Scott Henderson
Steven Hepburn

Retired
Handyman
Retired
Fire Fighter
Laboratory Technician
Paramedic
Lecturer
Production Manager
Chartered Engineer
General Practitioner
Hotelier
Retail Assistant
Fire Service
Systems Engineer
Managing Director
Leisure Pool Manager
Photographer
Retired
Rope Access Supervisor
Managing Director
Retail Assistant
National Trust Warden
National Park Ranger
Carpenter

Chris Higgins
Mark Hodgson
Simon Hodgson
Dr Tim Hooper
Katharine Horder
Paul Horder
Robin Humphreys
Andy Jones
Nick Jones
Peter Little
Malcolm Miller
Phil Newton
Mike Nixon
Nick Ogden
David Pratt
Alan Prescott
Norman Pretswell
Jocky Sanderson
Brian Spencer
Dr Tom Stenhouse
Karen Sturgess
Ian Wallace
Elly Whiteford
Graeme Wilson

Outdoor Pursuits Instructor
Project Director
Builder
General Practitioner
Head Teacher
Retired
Retired
Guest House Proprietor
Outdoor Pursuits Instructor
Pharmacist
Retired
Retired
Retired
Outdoor Equipment Technician
Teacher
Senior Manager
Retail Assistant
Outdoor Pursuits Instructor
Retired
General Practitioner
Outdoor Pursuits Instructor
Retired
Technical Officer
Site Inspector

Secretary (Meetings & Minutes):

Nick Ogden

Secretary (Membership):

Fiona Boyle

Secretary (Talks & Visits):

Graeme Wilson

Secretary (Correspondence):

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**Keswick MRT Headquarters,
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Keswick, Cumbria CA12 5DJ**

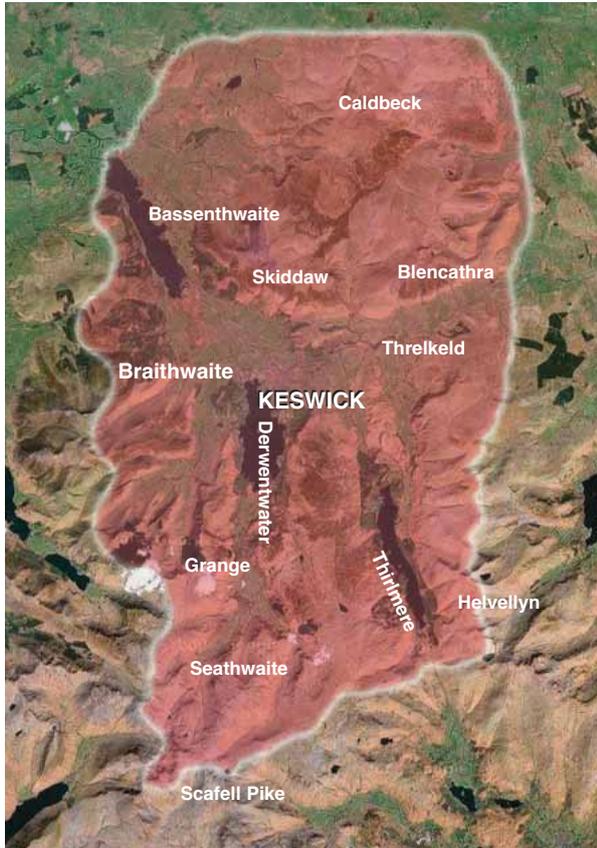
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Brian Spencer

Daresfield, Chestnut Hill, Keswick,
Cumbria CA12 4LS

See *page 37*

Keswick Mountain Rescue Team Area of Responsibility

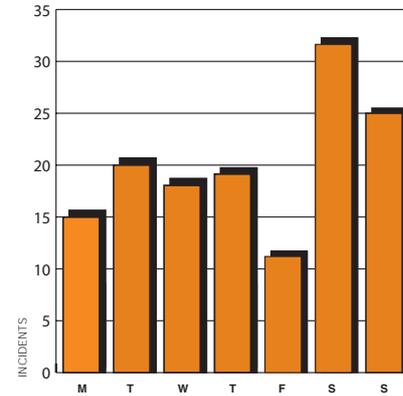


Map taken from maps.google.co.uk

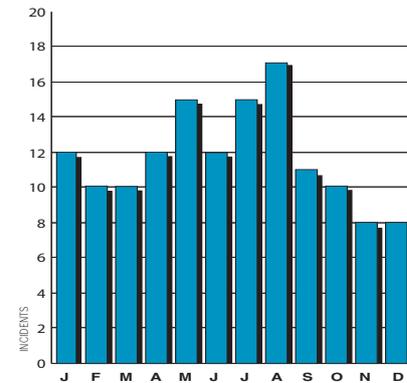
CALLOUT STATISTICS

140 Callouts, 10 fatalities

DAYS OF THE WEEK 2010



MONTHS OF THE YEAR 2010





Incident 78

2010 saw the Team respond to 140 rescues in the year, 4 more than last year making 2010 again the busiest year in the Team's 64 year history. In addition to the 140 rescues we received 25 'alerts' that did not require a team callout, but did take considerable additional time to resolve. Sadly, the Team dealt with incidents involving 10 fatalities during the year.

To be a member of such a busy team takes a huge commitment from all team members, many of whom

have additional responsibilities as officers of the team – here to make sure everything runs smoothly behind the scenes. Behind every team member there is a family and friends who in turn support the team members. To all of you I wish to say a huge thank-you and apologise for all the missed evenings, nights, days out, shopping trips (?) etc. In addition, to team members' employers especially in these current financial circumstances – our thanks for releasing team members as often as you do.



All rescues undertaken by the Team are notable for our casualties, with many individual rescues sticking in the minds of Team Members. This year is no exception. We have had 22 rescues involving cragfast or rock-climbing incidents – several of which are directly attributable to the winter conditions at the beginning and the end of the year. We've had 2 incidents involving avalanches with one very lucky casualty being swept some 700 feet down a gully and walking away, somewhat shakily, but without serious injury. We've had a thunder storm where several parties of casualties were struck by lightning and were rescued by the combined efforts of Keswick and Cockermouth MRTs and a Royal Navy Sea-King helicopter. We've also had many lower leg injuries to deal with along with searches, mountain bike incidents and medical incidents. During the year there were 18 days when we had 2 callouts in the day and 6 days with 3. We worked with Sea-King helicopters from the RAF and Royal Navy on 21 occasions and Air Ambulances on 22.

Team Leader's Report

The Team was heavily involved in 2 non-mountain incidents in the year. Firstly, 35 members attended the scene of the fatal A66 coach-crash and provided first aid treatment and evacuation assistance along with marshalling the helicopters at the scene. Many team members have, or know friends with, children at Keswick School and this incident was very close to home for many. Not long afterwards, we were called to assist with many miles of roadside verges and adjacent fields searching as part of the police investigations into the West Cumbria shootings. Neither of these incidents is anything like what we would call 'core-business' but each was dealt with professionally, efficiently and sympathetically; another measure of the skills, effectiveness and adaptability of the Team.

We also work very closely with Cumbria Police, Cumbria Fire & Rescue and North West Ambulance Service, with all our rescues involving at least 1 agency in addition to ourselves and often 3 or 4, especially if we are supported by helicopters. All this interagency working takes a lot of time outside the actual rescues to try and establish and maintain the best working practices. This is not always easy as differing agencies can have differing requirements driven by their reporting indicators. The benefits of really good interagency working, however, have again been recognised with the award of the Cumbria Fire & Rescue Community Award 'for the excellent manner in which all the emergency services worked together in the November 2009 floods.' We certainly hope that the Environment Agency will have funding secured and the flood defence works complete before we get to the next 1 in 50 or 1 in 1000 year events. This is the second successive year the Team have achieved this award.

The Team is populated by members with a huge range of skills and many years experience; indeed there are currently 5 team members who have personally been on more than 1000 rescues each since our fully accurate records began in 1983. Some of the 5 have also been in the Team since before 1983 so will have done considerably more than our records suggest. It is now tradition in the Team that as a member breaks the thousand, they buy the beer for the rest of the Team – we're looking forward to several more members achieving this milestone over the next couple of years.

A plea, however, to the 'less well prepared casualty.' If the Team is called out to search for you or your party because you didn't have a map, compass, torch, spare clothing, food etc and we spend all night looking for and finding you – perhaps cold, wet, wiser, but none-the-less uninjured – then the Team could be less well able to respond to a casualty the next day. This casualty may have sustained very serious injuries and need our undivided attention and it would be the same team members who responded to both incidents. We are still surprised that many members of the public don't recognise that the Team is manned entirely by volunteers who all have day jobs, and we don't work a shift system! Please take the time to properly plan your day out and make sure you have the right equipment in your rucksack.

We would like to take this opportunity to wish all our casualties a speedy recovery and don't let your experiences put you off venturing back into the valleys and mountains of the Lake District; they are a great place to be!

Mark Hodgson



Chamonix training



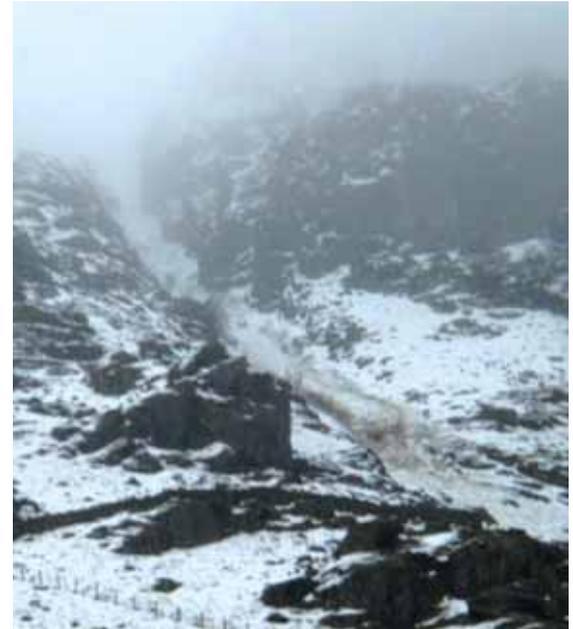
Canada training

One Hundred and Forty Call-outs in 2010

Incident Report 2010

Edited from Team records by Peter Little

- 1 1 January 13.19**
Brundholme House area, Latrigg
A walker had slipped and dislocated her shoulder. The ambulance service asked the Team for help in reaching the location. A local farmer gave assistance with the use of his tractor.
- 2 2 January 19.40**
Raven Crag, Combe Gill, Glaramara
A local resident reported flashing lights in the Comb. The Team found two climbers safely making their way down. No injuries.
- 3 3 January 14.09**
Cat Gill, Walla Crag
A woman and her daughter slipped on the path and slid about 10 metres into the ravine. The woman had lower back and head injuries, the girl head and leg injuries. A RAF Sea King helicopter took them to hospital.
- 4 3 January 16.50**
Sharp Edge, Blencathra
A father and his son became cragfast in icy conditions. The RAF Sea King helicopter, from Incident number 3, picked the two up from the Edge.
- 5 4 January 08.23**
Hawes End area, Derwentwater
The Team received a report about screams for help having been heard from the lake area. It was thought that someone might have fallen through ice. The Team, helped by a RAF Sea King helicopter, searched the shore and lake surface. Nothing was found.
- 6 4 January 14.55**
Birk Side, Helvellyn
A man became stuck on steep, icy ground when descending. He was guided to safety. No injuries.
- 7 6 January 13.55**
Robin Hood, Bassenthwaite
The Team helped the Ambulance Service by recovering a vehicle from a snow-covered hill after its crew had tried to access a remote property to take a medical case to hospital.
- 8 9 January 11.20**
Boat Landings, Lakeside, Keswick
A woman slipped on ice. Elbow injury.
- 9 15 January 12.08**
Hind Crag, Seathwaite
Three men climbed the gully just north of Hind Crag. At the top, an avalanche was triggered, with one climber taken to the bottom of the gully. He escaped with minor injuries to the hip and knee, having been buried to his waist. The Team helped the two others down. They were unhurt.
- 10 24 January 15.19**
Glaramara
A search for a group of six (3 men and 3 women), who had become lost in poor conditions. They were found in the Grains Gill valley. No injuries.
- 11 29 January 16.12**
Central Gully, Great End
A climber was hit by a falling block of ice. Collar bone injury.
- 12 31 January 14.14**
High Tove
A woman slipped on an icy path above Watendlath. Arm injury.
- 13 1 February 13.04**
Styhead Tarn area
A woman with an ankle injury.



Incident 9

Incident Report 2010

- 14 1 February 19.45**
Carrock Fell
Two walkers became benighted. Lights were seen by a local inhabitant. The team accompanied them down. No injuries.
- 15 3 February 21.58**
Fisher Gill, Thirlmere
The Team helped a group of sixteen down an icy path. One of the group had mild hypothermia.
- 16 4 February 14.47**
Scafell Pike area
A search for a woman lost in poor conditions. Search dogs, along with Wasdale MRT, and Langdale / Ambleside MRT were involved in the search. She was found near the Corridor Route. No injuries.
- 17 6 February 13.19**
Dalehead Crag, Dale Head
Six men were making a scramble ascent of a gully. One man fell. Head, back, and leg injuries. One man scrambled to the top to raise the alarm. Two of the men were lowered to the bottom with a Team member. A RAF Sea King helicopter winched the casualty and the remaining two to safety. The casualty was taken by the helicopter to hospital.
- 18 8 February 11.50**
The Benn, Thirlmere
A man found a decomposed body. The Team helped the police in the formalities and recovery of the body.
- 19 9 February 12.00**
Cam Crag Ridge, Langstrath
Two sheep were rescued.
- 20 9 February 21.00**
Combe Door, Glaramara
A farmer reported flashing lights at the head of Combe Gill. The Team searched the area and found a man and a woman who had become lost and benighted. The Team helped the two down. No injuries.
- 21 13 February 15.03**
Tarn Crag, Blencathra
Two men and a woman became cragfast. They were roped to safe ground. No injuries.
- 22 13 February 16.13**
Dalehead Tarn area
A woman collapsed with exhaustion and a panic attack. The Team carried her down.
- 23 3 March 14.24**
Window Gully, Great End
A man solo-climbed the gully. Other climbers were concerned that he had been carried down in an avalanche. Three mountain rescue teams, search dogs, together with an Air Ambulance and a Royal Navy Sea King helicopter were mobilised. The climber was found safe and well. No injuries.
- 24 6 March 14.17**
Eagle Crag, Easedale
The Team received reports of shouts for help being heard on Eagle Crag – and this was taken to be Eagle Crag in Borrowdale. The Team proceeded to the area. The Team then learned that the incident was in Easedale, near Grasmere. The handling of the incident was therefore passed to Langdale / Ambleside MRT.
- 25 7 March 17.57**
Grains Gill, Borrowdale
A woman with an ankle injury.



Incident 17



Incident 36

- 26 9 March 18.38**
Tongue Gill, Grange
 A youth suffered a toe injury while mountain biking. The Team helped him to Grange.
- 27 12 March 12.15**
Hall's Fell, Blencathra
 A man became stuck in steep snow. The Team helped him to safety.
- 28 14 March 12.57**
Threlkeld Quarry, Threlkeld
 A man fell when climbing over a fence. Minor injuries.
- 29 14 March 16.53**
Barf
 A woman and her two young children became cragfast near Slape Crag. The Team helped them to safety. No injuries.
- 30 17 March 11.58**
Shepherds Crag
 The Team received a report about shouts for help being heard. A search was made, with nothing found.
- 31 21 March 12.30**
Great End
 A man, sliding down a snow slope, lost control, and fell 200 metres over the crag to his death. A Royal Navy Sea King helicopter and RAF Leeming MRT helped the Team in the recovery of his body.
- 32 22 March 11.28**
Castle Head
 A woman slipped near the summit. Broken leg.
- 33 2 April 14.39**
Watendlath Beck, near Thwaite House, Watendlath Valley
 A man with a broken tibia and fibula.
- 34 2 April 16.16**
Sharp Edge, Blencathra
 Two men and a woman became cragfast in poor weather. While the Team was approaching the scene, along with a RAF Sea King helicopter, the three people in trouble were helped to safety by four other people on the ridge. No injuries.
- 35 8 April 15.15**
Coledale Hause area
 A man collapsed. Fatality.
- 36 9 April 15.17**
Windy Gap, Great Gable
 A boy slipped and tumbled about 10 metres. Broken arm. From the fell nearer Honister Hause, the North West Air Ambulance took him to hospital.
- 37 10 April 11.27**
Lodore Falls area
 A man slipped and fell about 5m on to rocks in the gill. Fractured femur, and cuts and bruises.
- 38 10 April 11.49**
Corvus, Raven Crag, Borrowdale
 A youth fell 10 metres from the first pitch of the climb. Shoulder, arm, and head injuries. A RAF Sea King helicopter took him to hospital.
- 39 10 April 18.45**
Thirlmere Woods
 A search for a woman separated from a walking group. No injuries.
- 40 13 April 00.04**
Derwentwater Lakeshore
 A search for a woman. Search dogs and a police helicopter helped in the search. The search was called-off when investigations identified the missing person in hospital.

Incident Report 2010

- 41 **15 April 13.19**
High Spy
A boy had an asthma attack. A RAF Sea King helicopter took him to hospital.
- 42 **17 April 14.17**
Crag Hill
A woman taking part in the Coledale Horseshoe fell race suffered an ankle injury.
- 43 **20 April 16.45**
Whinlatter Forest
A man fell from his mountain bike. Head, back and internal injuries. The Air Ambulance took him to hospital.
- 44 **22 April 17.23**
Jenkin Hill, Skiddaw
A man with a leg muscle problem.
- 45 **1 May 19.18**
Sprinkling Tarn area
A cold and exhausted girl. She was able to walk down with assistance.
- 46 **5 May 13.11**
The Grasp, Shepherds Crag
A man fell 8 metres from the climb. Pelvic and back injuries.
- 47 **8 May 13.50**
Springs Wood, Castlerigg
A woman slipped on the path. Ankle injury.
- 48 **11 May 15.24**
Cummacatta Wood, Grange
A man collapsed. Fatality.
- 49 **13 May 17.52**
Robinson
A man was lost in the Dale Head area. He was found on Robinson. No injuries.
- 50 **16 May 13.45**
Track south of Castle Crag, Borrowdale
A man came off his mountain bike while descending a rocky track. Head and arm injuries.

- 51 **16 May 15.00**
Track close to Castle Crag, Borrowdale
A man fell from his mountain bike. Head injuries.
- 52 **16 May 22.10**
Great End area
The Team was asked to help Wasdale MRT in the search for a man who was reported to be suffering from chest pains. The incident was resolved before the Team was mobilised.
- 53 **22 May 11.56**
Direct Route, South Crag, Castle Rock, Thirlmere.
A climber fell from the first pitch of the climb and was left hanging upside down on his rope. Head injuries (cuts) and concussion.
- 54 **22 May 13.28**
Cat Bells
A man fell. He hit his head and sustained a gashed hand.
- 55 **24 May 16.10**
Road A66 at Thornthwaite
A major incident involving all the emergency services, including three air ambulances, a RAF Sea King helicopter, a Royal Navy Sea King helicopter, and three mountain rescue teams. A school bus overturned after a collision with a car. The car driver was killed. Two pupils, a boy and a girl, also died. Four others were critically injured. Keswick MRT was involved in the casualty recovery at the scene and with the less seriously injured who had been taken to Braithwaite School.
- 56 **25 May 15.15**
Causey Pike
A woman slipped and fell on to her outstretched hand. Dislocated finger.



Incident 50



Incident 71

- 57 26 May 14.57**
Crag Hill
 A woman injured her leg when lightning struck the ground between herself and a companion. In the same storm, a man was left unconscious for a while after he was struck on Grasmoor and hurled 30 feet into the air. A third strike caught a woman on Whiteless Pike. She sustained singed hair. A Royal Navy Sea King helicopter took the casualties to hospital.
- 58 30 May 13.34**
Cat Bells
 A girl had become separated from her parents. She was later found by her parents. No injuries.
- 59 31 May 15.21**
Cat Bells
 A woman slipped on grass just north of the summit. Ankle injury. The North West Air Ambulance asked the Team to carry her down the steep slope, after which the helicopter took her to hospital.
- 60 1 June 17.47**
Dodd Wood
 A woman slipped. Ankle injury.
- 61 2 June 17.21**
West Cumbria area
 The Team was asked to help in search operations, with other MRTs, following a series of fatal shootings and shotgun injuries in the area. The Team was involved in the search of verges and fields alongside all the roads used by the person involved.
- 62 3 June 13.52**
Cat Bells
 A woman fell. Ankle injury.
- 63 4 June 16.53**
Blaze Bridge, Whinlatter Pass
 A man fell from his mountain bike. Chest injury: pneumothorax.
- 64 8 June 14.37**
Doddick Fell, Blencathra
 A man slipped on grass. Knee injury.
- 65 10 June 09.16**
Seatoller to Great Gable area
 A search for a missing man. A walker found his body near the Sphynx Rock, on Great Gable. Fatality.
- 66 10 June 15.50**
Finale, Shepherds Crag
 A solo climber fell, sustaining serious multiple injuries. An Air Ambulance took him to hospital.
- 67 10 June 16.35**
High Craggs, Little Town, Newlands
 While Incident 66 was being dealt with, the Team asked Cockermouth MRT to help two cragfast walkers. No injuries.
- 68 19 June 13.48**
Brandelhow Park, Derwentwater
 A man fell from a tree. Pelvic and internal injuries. The Team helped the ambulance service at the scene. The Great North Air Ambulance took him to hospital.
- 69 24 June 17.00**
Littledale Craggs, Newlands
 Two sheep were rescued.
- 70 27 June 14.25**
Castle Head
 A boy with a dislocated knee.
- 71 27 June 14.59**
Hanging Haystack, Big Stanger Gill, Stonethwaite
 A man had fallen. Leg and pelvic injuries. A RAF Sea King helicopter took him to hospital.

Incident Report 2010

72 4 July 13.57

Crag Hill

A report of seven 17/18 year olds overdue from the Coledale Hause area. Cockermouth MRT dealt with this incident. Two of the seven returned safely after becoming separated from the others. The other five were found near Crag Hill. No injuries.

73 6 July 11.25

Jenkin Hill, Skiddaw

A boy was suffering from chest pains. The North West Air Ambulance took him to hospital.

74 7 July 11.58

Langstrath

A man slipped. Ankle injury. The Great North Air Ambulance took him to hospital.

75 7 July 13.16

Cat Bells

A woman slipped. Ankle injury.

76 10 July 13.34

Watendlath Beck, Watendlath

A man slipped. Ankle injury.

77 10 July 13.34

Head of Wythburn valley

A youth sustained an ankle injury. Cockermouth MRT and Langdale/Ambleside MRT helped in his rescue.

78 10 July 17.36

Lower Falcon Crag

A woman fell in an abseiling accident. Multiple injuries and fractures. A RAF Sea King helicopter took her to hospital.

79 15 July 13.51

Doups, Skiddaw

A teenager suffered an asthmatic attack, followed by an epileptic fit, which rendered her unconscious for 15 minutes.

80 17 July 13.09

Intake Ridge, Combe Gill, Borrowdale

A man fell while scrambling on Intake Ridge. Head, shoulder, pelvic and arm injuries. The Air Ambulance was able to fly one of the Team doctors to the scene. A RAF Sea King helicopter took the casualty to hospital.

81 17 July 15.55

Sty Head

An injured walker. The Great North Air Ambulance evacuated the casualty.

82 24 July 23.30

Path to Dock Tarn, Stonethwaite

A report of a flashing light. Team members investigated, and found a flashing torch on a rock. No-one was found.

83 25 July 20.00

Great Gable, Sty Head, Scafell Pike area

A search for a teenage boy who had become separated from his family in the Sty Head area. Keswick MRT, Wasdale MRT, and SARDA were involved in the search. He turned up at Langstrath Hotel. No injuries.

84 26 July 12.40

High Tove

A youth suffering from breathing difficulties and chest pains.

85 29 July 18.30

Sandbed Gill, Clough Head

An unsuccessful sheep rescue.



Incident 84



Incident 84

- 86 31 July 19.40**
Broad Crag/Ill Crag area, Scafell Pike
 Wasdale MRT asked the Team to help in the evacuation of an exhausted man. He was brought down to Seathwaite. Some members of Teesdale MRT helped the Team.
- 87 1 August 22.13**
Seatoller/Great Gable area
 A search for an overdue walker. This was called-off quickly when it was learnt that the man had made his way home. No injuries.
- 88 5 August 16.01**
Strandshag Bay, Derwentwater
 The ambulance service asked the Team to help with the rescue of a woman who had fallen. Shoulder and head injuries.
- 89 5 August 19.14**
Halls Fell, Blencathra
 A search for a woman. She was found on a road. No injuries.
- 90 8 August 15.15**
High House Tarn, Glaramara
 A man fell. Dislocated shoulder. The Air Ambulance picked up the casualty, and flew him to Seathwaite, where he was examined by a Team doctor.
- 91 9 August 18.56**
Lakeshore below Falcon Crag
 The ambulance service asked the Team to help in the rescue of man who had fallen from a tree. Fracture/dislocation of an ankle.
- 92 11 August 12.45**
Esk Hause
 A man collapsed with chest pains. The Air Ambulance and the Team attended the scene. Fatality.
- 93 12 August 16.26**
Sharp Edge, Blencathra
 A group of four became cragfast. They were roped to safe ground. No injuries.
- 94 15 August 14.19**
Surprise View, Borrowdale
 A search for a dog that had fallen over the edge. Nothing found.
- 95 15 August 15.55**
Clough Head
 A paraglider made a bad landing. Ankle injuries. The Air Ambulance. flew him down the hill to a Team vehicle. He was taken to hospital.
- 96 18 August 15.13**
Cat Bells
 A search after calls for help had been heard near Yewthwaite mines. Nothing found.
- 97 18 August 16.55**
Halls Fell Ridge, Blencathra
 A family of five (two adults and three children), asked for help on difficult ground. The Team helped them down.
- 98 18 August 21.15**
Halls Fell Ridge, Blencathra
 A search for a missing man. Nothing found. The search was resumed on the following morning. Penrith MRT, Kirkby Stephen MRT, search dogs, and a RAF Sea King helicopter were involved. A search dog found a body on the west side of Hall's Fell. Fatality.
- 99 22 August 16.05**
Path above Wythburn Church, Wythburn
 A man with a leg injury.

Incident Report 2010

- 100 25 August 16.34**
Helvellyn, Lower Man area
A man requested help to rescue his trapped, injured dog. The Team set off, but in the meantime, the dog was recovered by a passer by, relatively unhurt.
- 101 27 August 16.20**
Corvus, Raven Crag, Borrowdale
A girl fell while climbing. Elbow injury, at the top of the second pitch of Corvus. The Team was helped by the Air Ambulance, who lifted personnel, equipment and a Team doctor to the top of the crag. Once she was stabilised and on the stretcher, a RAF Sea King helicopter winched her and her mother on board, and flew them to hospital.
- 102 29 August 13.38**
Cat Bells
A woman collapsed. The Team and the Air Ambulance attended. She was taken by the Team to the local hospital. Members of Teesdale MRT helped the Team.
- 103 31 August 19.23**
Lingy Bank, Rosthwaite
A man fell off a tree branch while crossing a beck. Knee injury.
- 104 2 September 15.04**
Fisherplace Gill area, Helvellyn
A search for a man separated from his walking companions. He later turned up safe and well. No injuries.
- 105 6 September 12.38**
Scope Beck, Newlands
A man slipped. Lower leg fracture.
- 106 9 September 15.37**
Doddick Fell, Blencathra
A woman slipped. Fracture dislocation of the ankle.

- 107 12 September 15.54**
Scope End, Hindscarth
A woman slipped on a rocky slab. Ankle injury.
- 108 14 September 13.01**
Stonethwaite Valley, Borrowdale
A man fell on steep ground, head and neck injuries and severe lacerations.
- 109 14 September 14.16**
Rosthwaite, Watendlath path
A man had collapsed. He managed to walk to Rosthwaite, where the Team came to his aid.
- 110 18 September 15.32**
Corridor Route/Skew Gill area, Great End
A man with an ankle injury. The Great North Air Ambulance took the casualty to safety.
- 111 18 September 15.00**
Angle Tarn area
Langdale/Ambleside MRT asked the Team for help in a search for two walkers who had become separated from their party at Angle Tarn in the mid-afternoon. They turned up in Seathwaite. No injuries.
- 112 23 September 11.15**
Sharp Edge, Blencathra
A woman fell approximately 60 metres from an awkward step into a gully on the north side of the Edge. Pneumothorax, broken ribs, multiple abrasions and contusions. The Great North Air Ambulance helped the Team by taking Team members to a point close to the scene. A RAF Sea King helicopter winched the casualty from the scene and took her to hospital.



Incident 101



Incident 124

- 113 25 September 16.13**
Ruddy Gill, Grains Gill, Borrowdale
A woman slipped on loose stones. Ankle injury. The North West Air Ambulance was able to land close to her, but Team members were required to carry her to the aircraft. She was flown to hospital.
- 114 27 September 14.43**
Path above Ashness Bridge
A woman was taken ill on the path between Falcon Crag and Ashness Bridge.
- 115 8 October 15.14**
Great How, Thirlmere
A woman slipped. Ankle injury. The Great North Air Ambulance took her to hospital.
- 116 9 October 15.15**
Derwentwater Lakeshore, Borrowdale Road
A man slipped off the path next to the road and fell on to the lakeshore. Arm and leg injuries. The Team was asked to help the ambulance service in retrieving him to the road, a process which involved wading through the edge of the lake until a point was reached for return to the road.
- 117 16 October 13.12**
Castle Crag
A woman slipped on loose ground. Knee injury.
- 118 16 October 15.15**
Brandelhow landing stage, Derwentwater
A woman had collapsed.
- 119 16 October 15.40**
Carrock Fell
A paraglider crashed near the summit. Multiple injuries. The Great North Air Ambulance took him to hospital.
- 120 19 October 14.45**
Hause Gate, Cat Bells
A man slipped on a rocky path. Broken tibia and fibula. The Great North Air Ambulance took him to hospital.
- 121 20 October 17.30**
Stockley Bridge, Seathwaite
A man slipped and fell. Facial injuries and an ankle injury.
- 122 22 October 11.16**
Sharp Edge, Blencathra
Two men in difficulty on the Edge when one became cragfast. The Team roped them to safe ground. No injuries.
- 123 25 October 18.40**
Borrowdale, Honister area
A teenager became separated from his group while they were making their way from Honister to Seathwaite. As the Team was making its way to the area for a search, the missing person was found at Seathwaite.
- 124 27 October 11.54**
Barf
A man slipped at a rocky step and fell 15 metres on to scree. Head, shoulder, and rib injuries, pneumothorax. His wife, unhurt, was helped to safety having been cragfast on the ledge from where he had fallen. The Great North Air Ambulance flew a Team doctor close to the scene. A Royal Navy Sea King helicopter from RNAS Gannet took the casualty to hospital.
- 125 2 November 15.00**
Woof Stones, Langstrath
A sheep was rescued.

- 126 4 November 18.19**
Elliot Park area, Keswick
 The Team was asked to provide some swiftwater technicians following flooding in the Elliot Park area of Keswick, in case evacuations had to be made from the flats.
- 127 6 November 14.28**
Hause Gate, Cat Bells
 A woman suffered a panic attack which may have been exacerbated by her suffering from Meniere's disease. She was walked down to the Newlands side of the hill by Team members.
- 128 9 November 12.15**
Wythop Woods
 A woman slipped on wet leaves. The Team helped Cockermouth MRT in finding the casualty, as the initial information was unclear. Ankle injury.
- 129 17 November 13.00**
Sandbed Gill, Clough Head
 A sheep was rescued.
- 130 20 November 13.09**
Watendlath, High Tove path
 A woman slipped. Lower leg fracture.
- 131 21 November 18.13**
Ennerdale to Honister path
 A search for a man who was reported to be missing after a walk over Gable and Kirk Fell. The Team went to Honister to find the rest of his party. After the missing person was reported to be at the foot of Loft Beck, Ennerdale, Cockermouth MRT went to his rescue.
- 132 23 November 12.30**
Littledale Crag, Newlands
 A sheep was rescued.

- 133 4 December 00.54**
Bram Crag, Clough Head
 Two climbers attempted Sandbed Gill in winter conditions. They got into difficulties after attempting to get out of the gill and making an abseil descent. They then became benighted on steep craggy ground covered by fresh snow. The Team climbed to them and set up abseil ropes for their descent. No injuries.
- 134 6 December 13.43**
Central Gully, Great End
 Two climbers became cragfast in poor snow conditions, and believed there was an avalanche risk. A RAF Sea King helicopter lifted Team members to the scene, and then winched the climbers to safety. The climbers and the Team members were returned to Seathwaite. No injuries.
- 135 19 December 13.45**
Sourmilk Gill, Seathwaite
 A man tore knee ligaments while ice climbing.
- 136 22 December 14.52**
(to 31 December)
Whinlatter Forest
 The Team supported Cockermouth MRT in a major search for a missing woman. The search involved four rescue teams, search dogs, a police helicopter and an RAF Sea King helicopter with infra red search equipment. The search lasted several days, and covered a large area of forest around the Visitor Centre, and the surrounding fells. Her body was found a month later by a walker with his dogs.



Incident 124



Incident 78



137 27 December 15.56

Blencathra

A search for a man in difficulties on Blencathra. Cockermouth MRT, Penrith MRT and four search dogs were involved in the search. The man was found northwest of Atkinson Pike. No injuries.

138 28 December 15.58

Glenderaterra Beck Valley track

A man slipped on ice. Head injury.

139 28 December 16.18

Newlands Valley

In difficult road conditions, the Team helped a nurse to attend to a patient.

140 28 December 17.37

Sharp Edge, Blencathra

A man and a woman became cragfast. They were roped to the summit area and walked off. No injuries.



Incident 122

Technical Rescue Training – Canada

July 2010

Ten Keswick Team members travelled to Canada in early July to attend a seven day advanced technical rope rescue course run by Kirk Mauthner. Prior to the course one Team member due to attend was unfortunately injured whilst climbing and his place was offered to our neighbouring team, Cockermouth, who quickly accepted the spare place!

The course took place in the Bugaboo Mountains, based at the Conrad Kain Hut – at an elevation of around 2250m, with a two hour walk-in, and approximately 800m of ascent from the road head up some steep, rough terrain, one ladder and part a grizzly bear. All our equipment for the course, including sleeping bags, personal clothes and food, had to be carried in and all rubbish carried out – enough for potentially nine days. This was to be impossible for most of us to do in one go. Fortunately for us, Kirk managed to get some kit and food flown in by helicopter – a massive relief for all of us, as some of us were not looking forward to this particular moment!



The objectives of the course were:

- To become more confident, slicker and safer
- To improve current practices and the speed with which we carry out rigging
- To be able to rig on any crag in any conditions
- To improve team work and communications in rigging situations
- To pass on what we learned to the rest of the Team and others back home

The aim of the above being combined to result in the best possible care for the casualty, with Team members working together to provide the safest environment possible for the casualty and Team members in rigging situations.

We met with Kirk Mauthner en route, at Radium Hot Springs at 7-00 am after a two hour drive from Canmore, taking in the stunning scenery and wildlife consisting of bears and coyotes. We then followed Kirk into the Bugaboos National Park and on to the road head where we made sure the cars were securely wrapped in chicken wire so the porcupines couldn't eat the tyres and brake cables while we were away! We then carried our heavy, some lopsided, loads up to the hut ensuring we sung or talked loudly through the area of vegetation that had been uprooted by a large grizzly bear, hoping we were too scary to be considered for the next meal.

Once at the hut we grabbed a brew and quickly lay our sleeping bags on what was believed at the time to be the best place on the long sleeping platforms, ie. a corner, hopefully far enough away from any snoring beasts.

After spending a few days in the Canmore area (near Calgary), where the temperature averaged around 30 degrees celsius, upon our arrival at the hut the

temperature hovered around 4 degrees celsius and it looked like snow . . . which it duly did.

So, on with the salopettes and out for our first training session. Working not far from the hut our aim was to re-acquaint ourselves with the rigging techniques we'd learned from previous courses and had been practicing for the last six months.

As many people will be familiar with, the basis for the systems we use in a rope rescue situation is to have two independent belays, one for a main line and one for safety. This follows through in any crag work we undertake, whether it be a simple pick off or a more complex high line or guiding line.





What we worked on in the first instance was to set up two separate scenarios of a pick off, consisting of an uninjured crag fast casualty being dealt with by one rescuer and basically repeated the process, rotating positions as many times as possible.

During the next few days we were subjected to low temperatures, blizzards and poor visibility. These conditions emphasised the need for clear communications, speed and careful Team structure. A Team leader was selected for each situation to oversee and allocate roles to each Team member such as attendant, main line operator, edge person, etc. We all had an opportunity to gain experience in each of these roles and switching between them in itself was incredibly valuable as this improved our efficiency no end.

Upon realising it was hard to keep track of our equipment, as the snow was burying it before we could pack it away, we decided it was time for a spot of theory . . . inside . . . with tea! At this point Kirk covered the theory behind the rigging systems we were using already and introduced us to techniques we had not seen before, many of which would prove to be very useful and appropriate to our working environment on crag rescue at home.

Sleet and rain followed the snow and eventually gave way to sunshine and perfect alpine days which, during the second half of the course, enabled us to do a huge amount of work on the bigger crags in the area. It was the proximity and sheer size of these crags that allowed us to carry out ten to fifteen pitches of lowering, simulating rescue situations on each one, some days ending in a guiding line set up to move a stretcher, casualty and attendant over undulating ground.

The guiding line system uses a tensioned line, a main line and a safety and is most useful in a situation where the ground covered varies so much it is not possible to carry a stretcher over or undertake a straightforward crag lower. The main line and safety are used as normal to lower the stretchered casualty and attendant, both of whom are also attached to the tensioned line which runs from the top of the crag to the bottom. The lower end of the tensioned line has a pulley system attached to it which enables the tension to vary, slightly raising and lowering the stretcher and attendant so they can pass the difficult ground with ease.

In the final days of the course we basically repeated similar procedures with slight changes in each situation, i.e. more quick pick offs and stretcher work using a pulley system attached to the stretcher allowing it to be lowered vertically, then raised back into the horizontal by the attendant(s). On some occasions the lower was started with two attendants where it was necessary to man-handle the stretcher, and then having one attendant abseil off the stretcher as the angle of the crag changed – the lower attendant could then use his abseil rope as a back rope to guide the remaining attendant and casualty when this was required.

There is no doubt that having the chance to do this kind of training, where you are able to rotate positions and repeat the process, leaves the rescuer, in whatever task is required of them, feeling hugely confident, and able to do their job quickly and efficiently. Not only are technical skills and teamwork significantly improved, but the camaraderie involved, the gelling together of team members who naturally look after each other in any situation, combined with the concentrated learning environment was an experience I would recommend to anyone.

Steve Hepburn

Account of Chamonix trip

October 2010



In order to bring Team members up to speed before the onslaught of winter Keswick MRT has, for the past few years, elected to send a small group to Chamonix to polish their winter skills. This early training is intended to refresh Team members' skills in winter conditions rather than putting their crampons on for the first time that season on an actual rescue. With winter hitting the Lakes in late November this was a very wise precaution. I am writing this report in mid February – previously our preferred winter training period – and there isn't a great deal of snow left on the ground.

We have had a number of technical winter rescues to carry out this year, in particular, two climbers unable to descend very steep snowy ground in darkness after a partial winter ascent of Sandbed Ghyll, two climbers stuck in avalanche conditions in Central Gully on Great End, two walkers stuck on Sharp Edge, Blencathra, 2 parties of two climbers benighted on Great End and another 2 walkers stuck on a very icy and windy Sharp Edge, Blencathra. These were in full winter conditions, some at night and in very steep and dangerous terrain and the early winter training was put to good use.

This year I was able to benefit from the training. The timings of our flights meant we had a very civilised start time of 9 o'clock from Keswick and arrived early evening in Chamonix where we had a fully catered lodge booked for the eight of us. On the first morning of the course Willie, an International Alpine Guide from Scotland who is based in Chamonix and was to co-ordinate the training team, met us to discuss our wants and needs. Essentially it boiled down to 'knocking off the cobwebs' from our crampon technique, step cutting and ice axe arrest, building snow and ice belays as well as looking at avalanche awareness and rescue techniques. We asked to put all of this into practice on a journey in technical terrain on the final day.

Day 1 saw us half way up the Aiguille du Midi where we found a good patch of neve to practice our personal skills and belay construction. We then put these into practice with a short session of moving as roped teams in ascent and descent on mixed ground.

Day 2 involved a breathtaking (quite literally) ride in the 'pherique' to the top of the Aiguille du Midi (3842m 12,600ft!!) where we struggled with the effects of altitude. We then roped up into teams of two and three for a scenic walk!! out of the top lift station onto the knife edged snowy arête that led to the top of the Vallee Blanche. This was a great location for some avalanche work and with some great input from the guides we used transceivers to locate buried objects then probed and dug them out to simulate an avalanche rescue. There were a number of serious avalanches in the Lake District in the winter of 2009 – 2010 and Keswick MRT uses avalanche transceivers not only to find the initial victims but also to help locate rescue team members should they be buried in a further avalanche during the rescue.

Day 3 was a chance to put all of our learning into practice. We took another ride in the 'pherique' to the top of the Midi followed by the amazing traverse of the snowy ridge and a cautious walk across the glacier as roped teams (crevasses!) to the base of the Arête des Cosmiques. Working independently in small teams of two or three we then enjoyed a great scramble on mixed ground involving snow and ice, a couple of abseils and some lovely climbing (crampons on granite!). Short roping techniques came to the fore - techniques that can readily be transferred to helping cragfast walkers stuck in steep terrain when we return home to the Lakes.

We were overtaken at one of the abseils by a team from the PGHM (French mountain rescue) who looked very chic in their soft-shell jackets, coiffured hair and impenetrable sunglasses. They did lose a little of their aura, however, when one of them dropped his expensive 'piolet' (ice axe) several hundred meters from the crest of the arête to the icefield below. I suppose this shows things like this happen to the best of us.



Our final day was very much a wind down after three intense days at altitude in the snow. We opted for a spot of cragging just outside the town on a great bolted venue. As the group was of mixed ability in terms of climbing this gave the less experienced a chance to practice climbing skills and ropework and receive some tips from the more experienced climbers in a less intimidating environment. After lunch we all piled into the minibus for our transfer back to Geneva and our snoozy flight home.

I admit to being sceptical about this type of training when it was proposed a number of years ago. This was my second time on this training trip and I can now say I am fully convinced of its value in preparing team members for the conditions of winter before they hit us with a vengeance. I think Baden Powell had something to say on the subject . . .

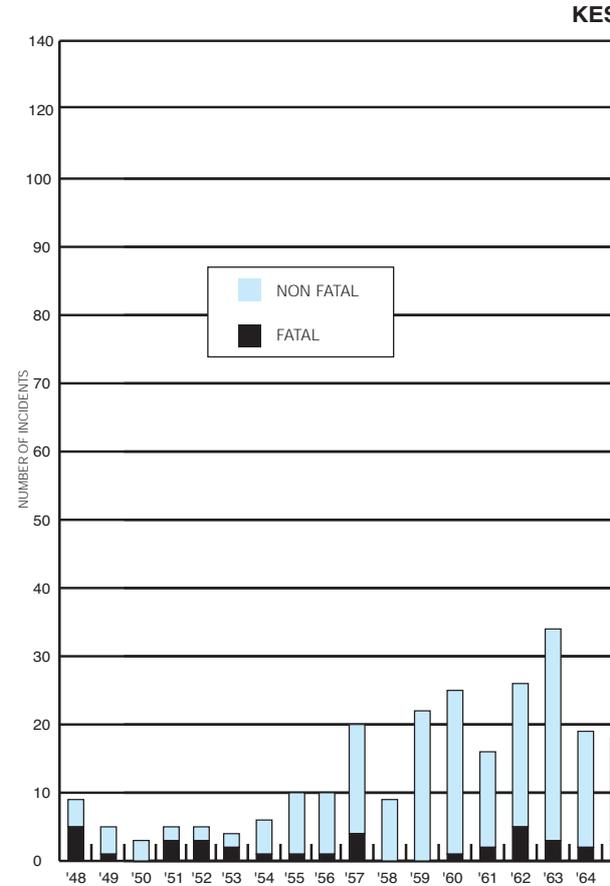
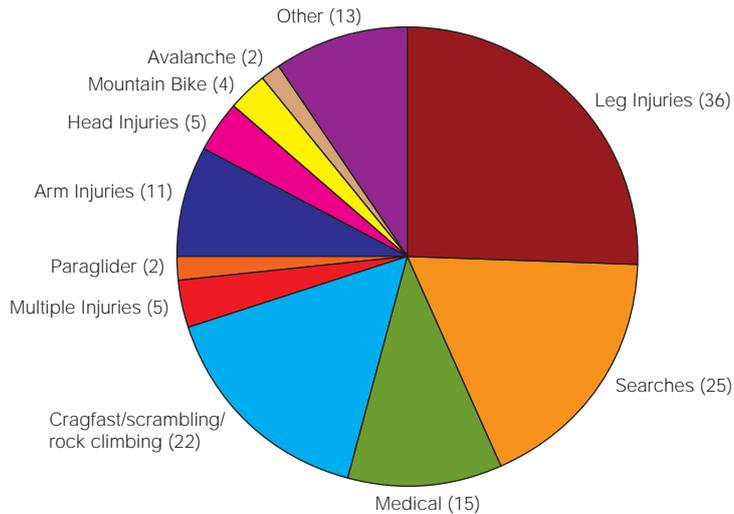
Chris Higgins



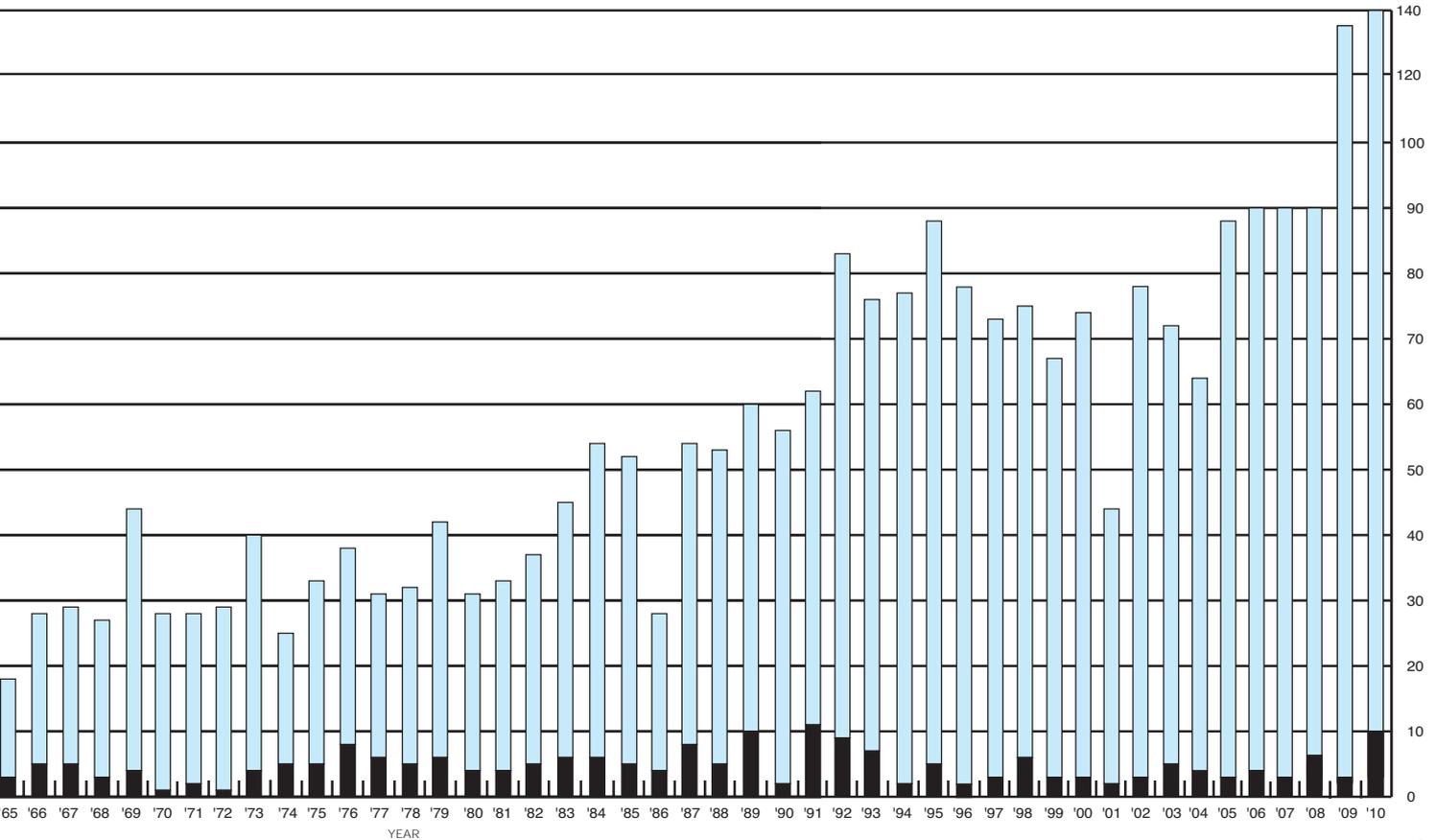
Incident Report 2010

INCIDENT TYPES 2010

Figures in brackets refer to number of incidents, not percentage of incident types



SWICK MOUNTAIN RESCUE TEAM 1948 - 2010 2853 callouts (253 fatalities)



My Experience with Keswick Mountain Rescue Team

I am currently a fourth year medical student studying at Liverpool University. My studies at the end of first year required me to participate in an elective, which is a practical training of my choosing. From a young age I have enjoyed mountain climbing and after a lot of investigation, I decided that I would like to be involved with one of the Mountain Rescue Services. I was extremely fortunate to be given a work experience placement with Dr. Adrian Clifford, a GP in Keswick, who is a member of the Keswick Mountain Rescue Team. For five weeks during the summer, I worked as a volunteer with the KMRT, which allowed me to witness medical care outside a clinical environment.

I attended nearly twenty callouts with the MRT, many of which were medical emergencies. One of the most serious incidents involved a rock climber who had fallen 20 metres on to the top of a steep scree slope and was suspected to have sustained a spinal injury and multiple fractures. Under difficult conditions, the team delivered emergency care on the side of the slope, ensuring the casualty remained in a stable condition before lifting her to a safer location for helicopter evacuation. By the time the injured climber had been air lifted, the team had held

the casualty on the side of the mountain for over an hour. It was extremely impressive to see the MRT work with such skill in challenging and dangerous conditions.

In addition to callouts, the MRT dedicate a considerable amount of time keeping the service running. Members give hours of their time every week maintaining the base and equipment as well as improving individual skills in order to prepare them for every possible scenario. I was amazed by the high levels of endurance of the members. Some days I found myself exhausted and was very impressed that members have the energy to assist in rescues in addition to their usual work and commitments. I thought I was reasonably fit, but this

resilient and indefatigable team – who sometimes make several rescues in a day – made me reassess my own fitness levels!

Mountain Rescue is without a doubt an invaluable service and is able to help people in situations where normal medical services could not. I feel extremely privileged to have been able to work alongside such skilled, selfless and dedicated people. I benefited greatly from my time with the Keswick MRT and would like to be able to offer my services in the future if the opportunity arises.

Richard Jones



Incident 66



River rescue training – November

In common with the Team, the search dogs' workload has not diminished this year, with the total running at 74 incidents.

The two Keswick dogs, Mac (Handler Ely Whiteford) and Ginny (Handler Mick Guy), have worked on a number of Keswick callouts, but have also made trips to such interesting places as North Yorkshire, Southern Scotland, Cross Fell on the Pennine Way, Coniston, Barrow and Cockermouth! It has been a thin year for finds for the Keswick dogs, but we console ourselves with the notion that it's probably some other dog's turn this time round.

As usual, the variety of searches was immense ranging from a missing teenager in the central fells – who ended up in Borrowdale with the car keys, whilst his mother was in Wasdale; two avalanche alerts; to the desperate searches over two weeks to locate a missing local woman in the Whinlatter area.

Training for all the dogs is a constant: weekly sessions in Whinlatter and Borrowdale, monthly courses throughout the Lakes. Ely and Mick took their dogs to take part in a big exercise on the Howgill Fells in September, working with six rescue teams, and other emergency services. This is a big ask, considering that handlers also have their own team training to pursue as well.

Regrettably, Search Dog Mac developed health problems during the year, and Ely decided that she would retire him before the winter, and concentrate on training her new dog, Meg in the hope that she would grade quickly. At the time of writing, she is about half way through the assessment process, and we are hopeful of seeing her on the callout list sometime in the spring. Chris Francis's Labrador, Beck, had some problems in training, but is now not far from the assessment stage. So for the moment, Ginny is the sole graded dog in the Team.

Mick Guy



Ginny

Keswick Search Dogs 2010

Search Dog Mac Retires



Mac

Mac, my tri-colour collie was found abandoned on a beach on the Solway Firth in Cumbria. He was handed to the dog warden and when not claimed was due to be put to sleep. The lady who found him took him in but when he didn't get on with her dogs she handed him to Eden Animal Rescue where he went to a foster home which is where I first saw him. He was rake thin and suffering from eating rubbish but I fell for his soulful brown eyes and gentle nature. He was thought to be between 1-2 years old. It took a long time to gain Mac's trust as it became clear he had been mistreated and was wary of people and feet. That was seven years ago.

Mac made the callout list for SARDA Lakes in March 2007 following two years of training and assessments – pretty quick though even more so for an older dog from an unknown background.

Mac has attended over 70 callouts, located several people including a particularly notable find of a hypothermic lady in full winter conditions on Skiddaw in January 2009.

I will always remember that night. A party of four stuck near the summit in freezing blizzard conditions, very high winds, poor visibility and getting dark – then we found out there was a 5th person who had not been seen since lunchtime. Three of us from Keswick Team and Mac set off to do a sweep search round the summit area. After working our way round the summit we then dropped off the shoulder and down to the fenceline on the northern side – only the very top of the fence was visible above the snow. Part way along the fenceline, we got together to check our location on the map against the grid reference on my GPS. As we checked our location, I didn't notice that Mac had darted off and disappeared.

I looked up just in time to see him coming down the slope in front of us, barking urgently at me he turned and headed back up the way he had come – he was telling me that he had found something. I turned and followed as best as I could in the bad weather. Mac came back again and again barking, as I headed up slope following him into more exposed conditions. Then I saw the orange survival bag on an exposed area of ice and frozen grass – Mac had found the missing fifth person. She was lying with her head and shoulders out of the bag and into the prevailing wind, her gloved hand gripped around a walking pole, her head and shoulders covered in snow. She was alive, but very cold; she could barely speak and was confused, and shaking, suffering from hypothermia. I knelt down to shelter her and let her rest her head on me while talking to her. Mac shuffled in beside her for shelter. My fellow Team members soon arrived and got us into a shelter, which was a struggle to keep down in the wind. Communications were bad to non-existent though finally we got through to Cockermouth Team who came to help us evacuate our casualty. I am very proud of my dog for what he did that night.

It is an extremely strong bond that develops between dog and handler to be able to work in all conditions. Mac has been a pleasure to work with and hardly needed any commands, once his jacket went on he knew the job. I will miss being out with Mac and seeing him on the hunt, searching the fell for that human scent and his face as he would look down at me from crags above to check that I was following.

Although Mac has worked just less than 4 years he is now suffering from arthritis and is probably older than we first thought. He has been a great search dog, my best friend and has certainly earned his rest and place by the fire.

Elly Whiteford



Mac



Mac and Meg

A Casualty's Account

When staff training goes wrong or very right Incident 112

Have you ever noticed the little pot pigs by the till in George Fisher; they're for donations to the Keswick Mountain Rescue Team. I've always smiled at people putting in donations, said thank you and made the joke you never know when you'll need them.

For myself, George Fisher is a great place to work, staff training opportunities quite often mean out on the hill using the products we sell, great job.

This autumn we had the chance to go up one of my local favourites Blencathra via Sharp Edge. This was going to enable some staff members to try out a route they wouldn't normally choose. It would have been a brilliant team building exercise while testing wicking tops and breathable fabrics.

I know I hadn't felt apprehensive and we were all enjoying the challenge. I remember some warm sunshine breaking through what had been a grey morning. I was enjoying placing my hands on the rock then finding a place to move my feet, it can be quite rhythmical. I really can clearly remember putting my foot on a rock, it felt different, definitely slippery but my warning senses were drowned by the rhythm of moving. Why was there nowhere to put my hands? Why were there screams?

This is where the training went right. Apparently calmly the group split. Those with first aid knowledge and rescue experience carefully made there way down a route that should never be followed, to me who'd been too lost in thought to take the necessary care. The rest of the group shocked at watching me fall and bounce so easily down the steep side, had then to make their way back to safer ground. They were sure footed.

Meanwhile the rescue team had been called, family members informed.



HQ





Control Room, HQ

I remember being told not to move and that the rescue team knew exactly where I was. Having to answer loads of questions, what day, and month, prime minister. Being cold and covered in clothing and bothy bag. In my world five minutes had passed, real time over an hour. I know it was now raining. My cousin appeared, handy having a speedy rescue member in the family. He had oxygen. There were lots of people in the rain. All happy some serious all with jobs to do around me. I remember rope and everyone had helmets on. I remember the sound of the helicopter and spiralling round, seeing the splendid rock of Sharp Edge before me, I was cold, just then the yellow belly then the black noise of inside.

Left wedged in the rain filled gully with the down draft from the blades were the many voluntary rescue members who didn't have the option of a quick dry flight to Carlisle. They had to abseil themselves and medical equipment back down to easy ground.

Living in Keswick helicopters are always about on dusky evenings or in horrid weather. The noise is familiar. The noise now means far more to me, vital help is on its way to someone.

I was lucky to be rescued by people I know, though never realised I would ever need them or an air ambulance. I never thought while watching the many training exercises with the big yellow RAF helicopters I would need to be whisked away in one. I'm glad these people practice and I'm really glad they all volunteer their time to come and help those of us who have misplaced a foot in a foolish moment.

I hope you'll never need them, but I hope you put some money in the pig, just in case you do.

Lisa Bergerud



Incident 112



Also on Sharp Edge

Incident 93

Fund Raising in memory of Matt Wilkes (1981-2005)

Matt was the eldest of our three sons, he had always been mad about the outdoors, at school it was Scouts, Duke of Edinburgh awards, Field sports, Skiing, Diving (padi) and his first climbing.

He first studied Outdoor Education at Bicton College in Devon and graduated from there to the University of Cumbria and the Newton Rigg campus at Penrith to further study outdoor pursuits. He loved it all, canoeing/paddling, caving, mountain leadership, etc, but climbing was his choice and he and a friend from Bicton started and built (funded by the Uni) the first indoor climbing wall / structure at Newton Rigg, they now have a glorious indoor wall facility, aptly named after Matt.

After graduating Matt decided to make Cumbria his home and settled in Penrith. This was his ideal world, great climbing on his doorstep and skiing just up the road in Scotland.

Matt was employed at Center Parcs as climbing instructor for their new high ropes and climbing centre, but it was on one of his days off that our lives changed for ever.

Matt and his work colleague were climbing at Gowder Crag in Borrowdale when a rock fall struck Matt, the emergency signal was raised and the KMRT were engaged along with a rescue helicopter. The accident proved fatal, but only after the KMRT had shown true bravery and dedication in their attempt to save our Matt.

After 6 months of hell, I felt like I needed to do something positive and decided on the London Marathon to raise funds for the KMRT. At 52 and not having run since school it was a challenge, however the training and the race proved very therapeutic and still does today. (I have now done 9 marathons for KMRT funds).

My eldest sister Jen was also very keen to donate and managed to raise great sums with coffee mornings, jam making, bread baking and having a KMRT shrine in her front room on the coast at Weymouth!

Our other two sons were also very keen to get involved and raise money and later that year Tom, helped by his younger brother Oilly organised the first "WILKESTOCK" music festival and this has gone from strength to strength and now moved from our back garden to our back field to accommodate the number of revellers!

The boys spend many months organising and setting up the event, and now with it's own website www.wilkestock.com where you can even buy your tickets for this years event (Sept 4th) on line.

Last year we had 800 festival goers who were treated to live music from ten excellent bands, starting at midday and playing until midnight on a massive (26x20) covered stage with the latest sound system and lighting, after the bands finished the action moved to the dance tents with many different DJs playing ear splitting sounds until

5 in the morning, all set in a beach theme with sand covered floors, palm trees, hammocks in trees, parrots in the tents and the DJs doing their thing from inside a massive pineapple! Also included on the site was free lit parking, free camping a fantastic bar until 3am and superb food by the local Young Farmers. The weather was kind to us and we managed to raise a massive £4800 half of which was donated to KMRT and the other half to Leukaemia Research.

The "WILKESTOCK" event is definitely the main fund raiser now, although I still manage a couple of marathons a year and my dear friends still! sponsor me, my sister too is still baking and jam making. We also benefit from our local gun club who run a charity clay shoot and raffle annually and the local farmer who's land they use always gives a substantial donation. I think in the last 5 years we have raised in excess of £15k for KMRT in memory of our dear Matt, we hope to continue.

Sally and Andy Wilkes



Equipment Room, HQ

Treasurer's Report, Trustees' Annual Report, Financial Statements for the year ended 31st October 2010

TREASURER'S REPORT – Ian Wallace

In the Easter of 1987 when my four children were ten and twelve we walked the Wainwright Coast to Coast. Friends were kind enough to sponsor us to the tune of four hundred pounds which was a goodly sum in those days! We raised the money for the Calvert Trust Adventure Centre which was then being run by Peter Lingard.

There was one thing that Peter said that I have never forgotten. He was showing us around and talking to us about where the money goes. He said that one of the things that it went on was to make the environment of the Trust as luxurious as money allowed. I quote "Just because our residents are disabled, it does not mean that they have to do with second best."

Although we do not indulge in luxury, getting blown off Skiddaw in the new year was no luxury, we certainly never consider second best with regard to safety!

For the safety of the people that we help and the safety of ourselves and for the reassurance of those of our families who we leave behind at home we have to spend money to have the most efficient equipment and the best possible training.

Various bodies were kind enough to cover some of the cost of equipment damaged in last November's floods but not all of it.

Money continues to be spent on team and personal equipment, training and all the necessary run of the mill necessities that makes this team one of the most efficient in the country.

As usual we openly display our accounts in the annual report and more detail can be found on the Charity Commissioners website.

Many thanks to all our donors, great and small.

Thanks to Brian Spencer for his work with the collecting boxes.

Thanks to Rathbones for selling our KMRT Mugs!

Finally I would like to say that one of my greatest pleasures is to open the post in the morning. The pleasure is not from the donations in the letters but the sentiments which are in them. This is just one example from many, short and to the point.

"Thank you for helping me down from Sharp Edge where I had become cragfast. The friendliness, reassurance and sheer professionalism of every single member was just what I needed at the time."

IN MEMORIAM 2010

During the year donations have been received in memory of the following:

John Hutton	The wife of Brian Gibson	Gordon Gray
Joan Williams	Mike Baker	Matt Wilkes
Jean Barry	Ian Tyson	Eric Park
Mike Pye	Mark Robinson	Alan Sharples
Harry Shaw	Lilian Shaw	John Showler
Derek Chadderton	Eric Crone	Dorothy Fenton
Pete Greenwood	Norman Grimditch	David Herbert
Rob Keetley	Isobel Latham	Julian Meadows
John Millington	Colin Mills	Paul Newing



River rescue training – November

Annual Report

for the year ended 31st October 2010

LEGAL AND ADMINISTRATIVE INFORMATION

Name: The name of the charity is Keswick Mountain Rescue Team ("the Charity").

Registered Number: The Charity is registered with the Charity Commission for England and Wales under number 509860.

Legal Entity: The Charity is a charitable un-incorporated association, established by written constitution.

Trustees:

Chairman	Alan Prescott
Secretary	Paul Cheshire
Treasurer	Ian Wallace
Team Leader	Timothy Mark Hodgson
General Team Member 1	Paul Horder
General Team Member 2	Fiona Boyle

Property Holding Trustees: The following are the legal trustees of the lease of the Team Headquarters, and (except where named as a Charity Trustee above) do not exercise a management function within the Charity: Anthony Michael Guy; Peter Barron; Timothy Mark Hodgson; Andrew Francis Jones.

Principal Address: Keswick Mountain Rescue Team Headquarters, Lakeside Car Park, Keswick, Cumbria CA12 5DJ.

Accountants: Gibbons, Chartered Accountants, Carleton House, 136 Gray Street, Workington, Cumbria CA14 2LU.

Bankers: HSBC Bank plc, Market Square, Keswick, Cumbria CA12 5BG.

Investment Advisers: Brewin Dolphin Securities Limited, 34 Lisbon Street, Leeds LS1 4LX.

TRUSTEES' REPORT

FOR THE YEAR ENDED 31st OCTOBER 2010

Trustees Report: The Trustees present their report along with the financial statements of the Charity for the year ended 31st October 2010. The financial statements have been prepared in accordance with the accounting policies set out on page 32 and comply with the Charity's trust deed and applicable law.

Particulars of Written Constitution: The written constitution was approved by the Charity Commission and adopted by the Charity on 20th March 1980 and amended on 10th November 1994 and again on 8th October 1998 and subsequently again on 5th September 2006. This contains the provisions that regulate the purposes and administration of the Charity.

Description of Objects of the Charity: The main object of the Charity (as set out in its constitution): "shall be for the public benefit, to relieve suffering and the distress, among persons and animals endangered by accident or natural hazards within the area of Great Britain and particularly on the mountains of Cumbria in the vicinity of Keswick."

Details of Persons or Bodies Entitled to Appoint Charity Trustees and Details of Method of Appointment: The only body with the power (within the terms of the Constitution) to appoint a Trustee is the membership of the Charity. The Charity Trustees are appointed at each Annual General Meeting, and hold office until the following Annual General Meeting. The Trustees must be members of the Charity and are the Chairperson, Secretary, Treasurer, Team Leader and two others elected from the general membership. There is no bar on a Trustee standing for office for successive terms. Candidates for positions conferring trusteeship must be nominated in writing to the Secretary not less than 21 days prior to the Annual General Meeting, and notified to the membership not less than 14 days prior thereto. Voting is conducted by a secret ballot.

Investment Policy: The Charity provides a vital emergency service that requires certainty of funding. The Charity Trustees have, historically, adopted a risk-averse approach to investment. The preference is to safeguard funds by placing them in Building Society accounts – with medium to longer term funds placed in the highest yielding (but limited access) accounts. In that way, the capital is secure, and interest income is maximised. However, previously the charity received a significant legacy and this enabled the Trustees to invest a sum of money to provide a regular income to offset the need to rely on irregular public donations. The Trustees have agreed to invest in a balanced portfolio managed by a team of Financial Advisers who specialise in investments for charities. This sum has been invested to provide capital growth and income for the charity and will lead to a regular income which will be used to offset any imbalance between income and expenditure, reducing the need to utilise reserve funds for this purpose.

General Reserves: This policy continues to be under review – but is led by the view that the Charity Trustees must have regard to both the short and long term needs of the Charity. The Charity has endeavoured to secure a regular income via collection boxes, covenanted and Gift Aid donations. Collection box income has been sold – a reflection of the hard work of Brian Spencer, our collection box co-ordinator. The Charity Trustees will maintain the general income reserve to ensure that the provision of the Charity's primary objective will not be hampered by any imbalance between income and expenditure over such a relatively short period, and is based on the Charity's experience of fund-raising. The Charity Trustees will continually monitor and adapt this policy (as necessary) in order to ensure that funds that can no longer be justifiably held in reserve are applied in accordance with the Charity's objective.

Designated Reserves: The fixed asset reserve, which was created during the period, shows the amount of reserves tied up in fixed assets and hence helps clarify the true level of General Reserves. The trustees reserves, which was created during the period, is a reserve to be set aside to cover uninsurable contingencies and unforeseen circumstances. The level has been set at £316,782 (2009 – £316,782) which is three times the previous year's adjusted expenditure.

Development, Activities and Achievements: During the year ended 31st October 2010 the Team attended over 136 incidents. Training is vital to the Team and training was given paramount importance during the year and 50 days training was undertaken by the team.

Financial Review: The trustees are satisfied with the financial position of the Charity.

Future Developments: The Team aim to be able to secure the long term future of the Keswick Mountain Rescue Team with the increased level of reserves held. In the shorter term the Team's aim is to meet the current level of call out and maintain the high level of training given to the volunteers.

Safety and Risk Management: The Trustees actively review the major risk which the Charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the Charity and confirm that they have established systems to mitigate the significant risks.

Grant Making: During the last financial year, the Charity made no specific grants to any other charitable organisations.

It remains the Charity's policy to make available to other teams training in specialist areas (for example swift water rescue, and advanced rope rescue techniques) that other teams may not otherwise have obtained, and without charge to them. The policy in this regard is threefold – to facilitate the spread of modern or evolving techniques; to encourage closer co-operation between Teams; and to utilise the Charity's funds to the advantage of mountain rescue generally. This policy will continue in the next financial year.

Other than the policy outlined above, the Charity Trustees have not formulated policies for the selection of any other institutions which will receive further grants out of the assets of the Charity. Any such grants will be on a case by case basis.

Volunteers: The Trustees wish to acknowledge the work of the many volunteers who give their spare time to help the Charity and enable it to carry out its activities.

Public Benefit: The trustees confirm they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the guidance published by the Charity Commission including public benefit guidance.

Approval: This report was approved by The Trustees on 31st December 2010 and signed on their behalf.

Mr. A. Prescott, Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED FINANCIAL STATEMENTS OF KESWICK MOUNTAIN RESCUE TEAM

I report on the financial statements of Keswick Mountain Rescue Team for the year ended 31st October 2010 which comprise the statement of financial activities, the balance sheet and the related notes. These financial statements have been prepared under the historical cost convention and the accounting policies set out therein.

Respective Responsibilities of Trustees and Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the

accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 41 of the Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave not been met, or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

C. Carty, BA FCA, Gibbons, Chartered Accountants,
Carleton House, 136 Gray Street, Workington, Cumbria CA14 2LU.
10th January 2011.



Lake rescue training with the Fire Service – December

Statement

of financial activities for the year ended 31st October 2010

SUMMARY OF INCOME AND EXPENDITURE ACCOUNT	Notes	Unrestricted Funds		Unrestricted Funds	
		Designated	General	2010	2009
		£	£	£	£
Incoming Resources					
Incoming Resources from Generated Funds					
Voluntary Income:					
Covenants		–	3,710	3,710	5,545
Donations		–	122,521	122,521	50,221
Collection Boxes		–	32,400	32,400	30,766
Legacy		–	33,042	33,042	10,634
Activities for Generating Funds:					
Investment Income	2	–	20,548	20,548	12,489
Miscellaneous and Book Sales		–	1,788	1,788	5,171
Total Incoming Resources			214,009	214,009	114,826
Resources Expended					
Cost of Generated Funds					
Investment Management Costs		–	2,525	2,525	2,085
Direct Charitable Activities	3	27,679	107,901	135,580	97,103
Governance Costs	4	–	1,379	1,379	3,192
Total Resources Expended		27,679	111,805	139,484	102,380
Net Income/(Expenditure) for the Year		(27,679)	102,204	74,525	12,446

STATEMENT OF OTHER RECOGNISED GAINS AND LOSSES

Funds Transferred re Designated Reserves	12, 13	–	–	–	–
Designation of Fixed Assets Purchased	13	8,242	(28,242)	–	–
Realised Gain/Loss on Investments	8	–	2,423	2,423	3,328
Unrealised Gain/(Loss) on Investments	8	–	26,495	26,495	26,589
Net Movement in Funds for the Period		563	102,880	103,443	42,363
Total Funds Brought Forward at 1st November 2009		565,435	284,243	849,678	807,315
Total Funds Carried Forward at 31st October 2010		565,998	387,123	953,121	849,678

The notes on pages 34, 35 and 36 form part of these accounts.

Balance Sheet

as at 31st October 2010

	Notes	2010 £	2009 £
Fixed Assets			
Tangible Fixed Assets	7	249,216	248,653
Investments	8	316,863	265,918
		<u>566,079</u>	<u>514,571</u>
Current Assets			
Stock	9	540	450
Debtors and Prepayments	10	21,520	15,944
Building Society Deposits		267,297	267,189
Cash at Bank		98,898	53,070
		<u>388,255</u>	<u>336,653</u>
Creditors: amounts falling due within one period	11	1,213	1,546
Net Current Assets		<u>387,042</u>	<u>335,107</u>
Total Assets Less Current Liabilities		<u>953,121</u>	<u>849,678</u>
Unrestricted Funds			
General Funds	12	387,123	284,243
Designated Funds	12, 13	565,998	565,435
		<u>953,121</u>	<u>849,678</u>

Approved by the Board of Trustees on 31st December 2010 and signed on its behalf by:
Mr. A. Prescott (*Trustee*).

The notes on pages 34, 35 and 36 form part of these accounts.

Notes to the Financial Statements

for the year ended 31 October 2010

1. ACCOUNTING POLICIES

1.1 Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2005) issued in March 2005 and applicable accounting standards.

1.2 Incoming Resources

Voluntary income and donations are included in incoming resources when they are received. The income from fund raising ventures is shown gross, with the associated costs included in fund raising costs.

1.3 Resources Expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.4 Tangible Fixed Assets for use by the Charity and Depreciation

Tangible fixed assets for use by the Charity are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

- Leasehold Land and Buildings - Straight line over 50 years
 - Equipment - 5% to 20% straight line
 - Motor Vehicles - 25% reducing balance
- Equipment which is over seven years old is deemed to be disposed.

1.5 Stocks

Stocks are stated at cost.

1.6 Expenditure on Governance Costs of the Charity

Administration expenditure includes all expenditure not directly related to the charitable activity or fund raising ventures.

1.7 Investments

Investments are stated at market value at the Balance Sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluations and disposals throughout the period.

	2010	2009
	£	£
2. INVESTMENT INCOME		
Income from Listed Investments	9,457	10,226
Interest Receivable on		
Cash Deposits	11,091	2,263
	<u>20,548</u>	<u>12,489</u>

3. DIRECT CHARITABLE ACTIVITIES

Motor Vehicle Expenses		
Insurances	2,412	2,541
Petrol and Oil	2,572	750
Maintenance	5,167	1,506
Vehicle Hire	2,262	-
Equipment Rental	4,381	4,379
General, Outdoor and		
Radio Equipment	27,223	11,371
Medical and Other Expenses	13,130	9,314
Courses and Training	31,196	9,337
Rent, Rates and Water	1,373	1,196
Telephone	2,169	2,121
Electricity	2,991	6,071
Premises Repairs and Cleaning	4,058	1,768
Postage, Printing and Stationery	322	5,418
Computer Costs	2,326	2,840
Insurance	2,824	2,258
Promotional Costs	3,495	1,828
Depreciation on Leasehold,		
Land and Buildings	4,497	4,497
Depreciation of Equipment	10,167	10,701
Depreciation of Motor Vehicles	13,015	19,207
	<u>135,580</u>	<u>97,103</u>

	2010	2009
	£	£
4. GOVERNANCE COSTS		
Independent Examiner's and		
Accountancy Fees	925	925
Sundry Expenses	374	2,210
Bank Charges	80	57
	<u>1,379</u>	<u>3,192</u>

5. NET MOVEMENT IN FUNDS FOR THE PERIOD

Net Movement in Funds for the period is stated after charging:

Depreciation of Tangible Fixed Assets for use by the Charity 27,679 34,405

6. STAFF COSTS

No remuneration was paid to the Trustees in the period, nor were any Trustees' expenses reimbursed.

Notes to the Financial Statements

for the year ended 31st October 2010

	<i>Leasehold Land & Buildings</i> £	<i>Equipment</i> £	<i>Motor Vehicles</i> £	<i>Total</i> £
7. TANGIBLE FIXED ASSETS				
Cost				
At 1st November 2009	224,872	58,608	127,396	410,876
Additions	–	28,242	–	28,242
Disposals	–	(10,900)	–	(10,900)
At 31st October 2010	<u>224,872</u>	<u>75,950</u>	<u>127,396</u>	<u>428,218</u>
Depreciation				
At 1st November 2009	57,651	29,239	75,333	162,223
Charge for Period	4,497	10,167	13,105	27,679
On Disposals	–	(10,900)	–	(10,900)
At 31st October 2010	<u>62,148</u>	<u>28,506</u>	<u>88,348</u>	<u>179,002</u>
Net Book Value				
At 31st October 2010	162,724	47,444	39,048	249,216
At 31st October 2009	<u>167,221</u>	<u>29,369</u>	<u>52,063</u>	<u>248,653</u>

All fixed assets held are for the furtherance of the Charity's objectives.

	<i>2010</i> £	<i>2009</i> £
8. INVESTMENTS		
Listed Investments – United Kingdom - Market Value 1st November 2009	264,780	219,698
Additions	105,888	81,858
Disposals	(86,463)	(66,508)
Net Realised Gains/(Losses)	2,423	3,143
Net Unrealised Gains/(Losses)	26,495	26,589
Market Value at 31st October 2010	313,123	264,780
Cash Deposits	3,740	1,138
	<u>316,863</u>	<u>265,918</u>

The investments are managed by Brewin Dolphin Securities Limited on behalf of the Charity.

9. STOCK

Consumable Stock	<u>540</u>	<u>450</u>
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10. DEBTORS

Prepayments	<u>21,520</u>	<u>15,944</u>
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Notes to the Financial Statements

for the year ended 31st October 2010

	2010 £	2009 £
11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
Accruals	1,213	1,546

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible Fixed Assets £	Investments £	Net Asset/ (Liability) £	Total £
Unrestricted Funds:				
Designated Funds:				
Fixed Asset Reserve	249,216	–	–	249,216
Trustees Reserve	–	316,782	–	316,782
Other Charitable Funds	–	81	387,042	387,123
	<u>249,216</u>	<u>316,863</u>	<u>387,042</u>	<u>953,121</u>

13. DESIGNATED FUNDS

The funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the Trustees.

Trustees' Reserve

The Trustees consider that reserves should be set aside to cover uninsurable contingencies and any unforeseen circumstances.

The Trustees generally set the currently desirable level of reserve as three times the previous year's expenditure adjusted for depreciation and the acquisition of tangible fixed assets. This year the level of expenditure was extraordinary due to the Cumbrian floods in November 2009 and the reserve has been carried forward at the same level as the previous year. The Reserve is to be set at £316,782 (2009 - £316,782).

The policy is to be reviewed annually by the Trustees.

Fixed Asset Reserve

The Trustees have established this fund to clarify to users of the accounts the amount of reserves, which are tied up in Fixed Assets. This in turn helps to clarify to users of the accounts the level of General Reserves.

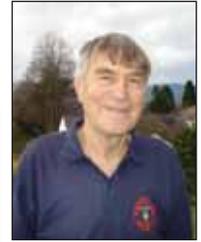
	Balance 31.10.09 £	Income £	Transfers £	Expenditure £	Balance 31.10.10 £
Trustees Reserve	316,782	–	–	–	316,782
Fixed Asset Reserve	248,653	–	28,242	(27,679)	249,216
	<u>565,435</u>	<u>–</u>	<u>28,242</u>	<u>(27,679)</u>	<u>565,998</u>

Any income derived from the underlying assets of these funds is deemed to be General funds. The levels of the reserves held and the allocation of any income and expenditure is at the discretion of the Trustees.

Collection Box Sponsors

2010 may have been a year of recession and cuts nationally, but there has been no reduction in the demands on our team having to respond to 140 call-outs making it our busiest year ever. However we thank our collection box donors for raising nearly £30,000 towards our annual running costs of around £100,000 thus enabling us to sustain the commitment and service we are proud to offer.

If you would like to house a collection box, please ring Brian on 017687 72531.



Brian Spencer

Abacourt House	Coledale Inn Braithwaite	Goosewell Farm Climbing Wall	Knotts View Stonethwaite	Needsports	Silver City
Acorn House	Conservative Club	Glaralara Outdoor Centre	Lairbeck Hotel	New House Rosthwaite	Silverdale Hotel
Alhambra Cinema	The Corner Shop	Glendale Guest House	Lakeland	Newlands Adventure Centre	Skiddaw Grove Guest House
Allerdale House	The Cornish Pasty	Ginger and Pickles	Lakeland Decor	Nichol End Marine	The Soap Co.
All Seasons	Cotswold	Grange Bridge Cottage Café	Lakeland Pedlar	Norwegian Store	Spar Grocers
Armthwaite Hall	Craghills Boot Store	Grange Café	Lakeland Toys and Hobbies	Oddfellows Arms	Spooney Green Cottage
Ashness Farm	Craglands Guest House	Greystoke House	Lakeland View Guest House	Old Keswickian	Star of Siam
Avondale Guest House	Crow Park Hotel	Greystones Guest House	Lake Mere Guest House	Oxleys at Underscar	Strathmore Guest House
Bank Tavern	Cumberland Pencil Museum	Hawcliffe Guest House	Lake Road Inn	Packhorse Inn	Stybeck Farm
Barclays Bank	Cumbria Cottages	Hazel Bank Hotel	The Lakes Fish Restaurant	The Paddock	Sun Inn Bassenthwaite
Barn Gill Guest House,	Cumbria House	Hazelmere Guest House	Lakeside House	Parkergate	Sunnyside Guest House
Thirispot	Cyclewise Whinlatter	Hazelwood Guest House	Lakeside kiosk	Peathouse Stonethwaite	Sweeney's Cellar Bar
Beaty @ Co. Wigton	Dalegarth Hotel	Heckberry House	Lakeside Tea Gardens	Pizza Panorama	Swinside Farm Cottage
Beckstones Guest House	Dale Head Hall Hotel	Hedgehog Hill	Lanehead Farm Guest House	Planet Fear	Swinside Inn
The Beeches Portinscale	Daresfield Guest House	The Heights Hotel	Langdale Guest House	Police Station	Swinside Lodge
Birch How Guest House	David and Elaine Burn,	High Lodore Farm Cafe	Langstrath Hotel	Portland House	Swiss Court Hotel
Blacks	Ashtree Avenue	The Hollies	Larry's Lodge	Pretty Things	Tarn Hows Guest House
Bookends	Derwent Club HF	C&A Holmes	Lattig House	Primrose Cottage Dalston	Temple Sports
The boot co.	Derwent Club	Homethwaite House	Laura of the Lakes	The Puzzling Place	Theatre by the Lake
Boots chemist	Derwent Hill Outdoor Centre	(Elizabeth Lingard)	Laurel Bank Guest House	Rainbow	Thornleigh Guest House
Borrowdale Hotel	Derwentwater Caravan Park	Honister House	Leathes Head Hotel	Rathbone	Thornthwaite Gallery
Borrowdale YHA	Derwentwater Marina	Honister Mine	Lynton House	Rathbone Outdoor Wear	TOG 24
Bowfell Guest House	Derwentwater YHA	Hope Memorial Camp	Little Chestnut Hill	Ravenstone Hotel	Touchwood
Braithwaite Court HPB	Dorchester House	Horse and Farrier	Littlefield Guest House	Ravenstone Lodge Hotel	Trappas
Brierholme Guest House	Dog and Gun	Hot Tram Roll	Lodore Falls Hotel	Ravensworth House	Troutbeck Inn
Brookfield Guest House	Dollywaggon Guest House	How Keld	Londis BP Garage	Rembrandt	Troutbeck Caravan and Camping Site
Brysons	Easedale House	HSBC	The Lookout Guest House	Rickerby Grange	Twa Dogs
Caffle House Watendlath	Eden Station Street	Hunters Way Guest House	Love the Lakes	Rivendell Guest House	Tynemouth Lodge Hotel
Camping and Caravan Club Site	Eden Green	Ivy House	Low Manesty Caravan Club Site	Rohan	Up&running
The Card Collection	Edwardsene Hotel	Java and Chocolate	Luchinis	Rowe Opticians	Village Shop Braithwaite
Cars of the Stars	Edz	Karra Cottage Threlkeld	Lymwood Guest House	Rowling End	Village Shop Portinscale
Cartwheel Guest House	Eel Craggs	Keswick Lodge	Lyzzyck Hall Hotel	Royal Oak Braithwaite	West View Guest House
Casa's	The Electric Shop	Keswick Golf Club	30 Manor Park	Royal Oak Rosthwaite	Whinlatter Siskin Tearoom
Castletell Guest House	Ellergrill Guest House	Keswick Bikes	Medical Centre	Salutation Inn	White Horse Inn
Castle Inn	Erinville Guest House	Keswick Brewing Co.	Mary Mount Hotel	Sandon Guest House	The Wild Strawberry
Castlerigg Farm Camping Site	Fat Face	Keswick Collectables	Middle Ruddings Hotel	Saw Mill Café Dodd	Winchester Guest House
Castlerigg Hall Caravan and Camping Park	Ferndeane Guest House	Keswick Mountain Bike Hire	Mill Inn Mungrisedale	Scafell Hotel	Woodside Guest House
Chapel House Hesket Newmarket	Fine Designs	Keswick Mountain Sports	Moor Hall	Scotgate Camping Site	Yeomans Outdoor
Cherry Tree Guest House	Flock Inn	Keswick Park Hotel	Morrell's	Seatoller House	Yew Tree Café
Chilllee Guest House	Four in Hand	Keswick Reminder Office	Mountain Warehouse	Setmabanning Caravan 7 (Mrs Wood)	Yew Tree Guest House
Clarence House	Four Seasons Threlkeld	Keswick Spa	Namaste 21 Manesty	Scales Farm Cottage	
Claremont House	George Hotel	Keswick YHA	National Trust Lakeside	Shemara Guest House	
	Golden Lion	Kingfisher	Necessary Angel	Shipstone & Co.	
	Good Taste	Kings Head Hotel Thirispot	Near Howe Mungrisedale	Siennas	

Please Support Us

Please read the following if you wish to donate to Keswick Mountain Rescue Team.

Gift Aid

Provided you pay Income Tax, the Team can now reclaim the tax you have already paid on the sum donated to the Team, from the Inland Revenue. It simply requires you to fill in the form below or use a photocopy of the form, and return it to the Treasurer.

GIFT AID DECLARATION

Name of Charity

Keswick Mountain Rescue Team

(Registered Charity No 509860)

Full name and address of donor in CAPITALS

Mr/Mrs/Miss

Address

.....

Post Code.....

I want Keswick Mountain Rescue Team to treat the following as Gift Aid Donations (delete as appropriate):

- the enclosed donation of £
- the donation(s) of £.....
which I made on...../...../.....

- all donations I have made since 6 April 2000, and all donations I make from the date of this declaration until further notice

SignatureDate...../...../.....

Notes

1. You can cancel this declaration at any time by notifying Keswick Mountain Rescue Team.
2. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that Keswick Mountain Rescue Team reclaims on your donations in the tax year (currently 28p for each £1 you give).
3. If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that Keswick Mountain Rescue Team reclaims you can cancel your declaration (see note 1).
4. If you pay tax at the higher rate you can reclaim further tax relief in your Self-Assessment tax return.
5. If you are unsure whether your donations qualify for Gift Aid tax relief, ask Keswick Mountain Rescue Team. Or ask your local tax office for leaflet IR 113 Gift Aid.
6. Please notify Keswick Mountain Rescue Team if you change your name or address.

Please return this completed Gift Aid Declaration to the Team Treasurer:

**Ian Wallace
Spooney Green, Keswick, Cumbria CA12 4PJ**

Thank you for your support !



Through our website: www.keswickmrt.org.uk

There is information on the website including the facility to donate online (see inside cover)



Shirts

Buy a Supporter Shirt, featuring the logo above

If you would like to purchase a T-Shirt, or a Polo Shirt, please see details on our website

www.keswickmrt.org.uk

Bankers Order

If you would like to make a regular donation to Keswick Mountain Rescue Team, please complete the Bankers Order below, or use a photocopy of the form, and return it to the Treasurer.

Provided you pay Income Tax, the Team can now reclaim the tax you have already paid on the sum donated to the Team, from the Inland Revenue.

Full name and address in CAPITALS Mr/Mrs/Miss	Gift Aid: please do not detach ToBank plc (name and address of your bank)
Address	Name of Account to be Debited
.....	Account Number
Post Code	Sort Code
The sum of £ Annually/Monthly	Please pay to Midland Bank plc, Market Square, Keswick, Cumbria CA12 5BQ (Sort Code 40-26-06) for the Credit of Keswick Mountain Rescue Team (Account Number 60498173)
Gift Aid I am a UK tax payer and I would like this and all future donations I make to be considered as Gift Aid	The sum of £ (figures) (words)
Signed	on the day of 20
Please return this completed form to: KESWICK MOUNTAIN RESCUE TEAM Spooney Green, Keswick, Cumbria CA12 4PJ	and a like sum Annually/Monthly on the day of
Thank you for your support !	until or further notice
	Signed.....
	Date 20

If you want to learn more about the Team's work and history, please buy the "Call-Out" book and the 60th Anniversary DVD video

CALL-OUT

THE FIRST 50 YEARS

by George Bott (1997)

updated by Brian Martland (2006)

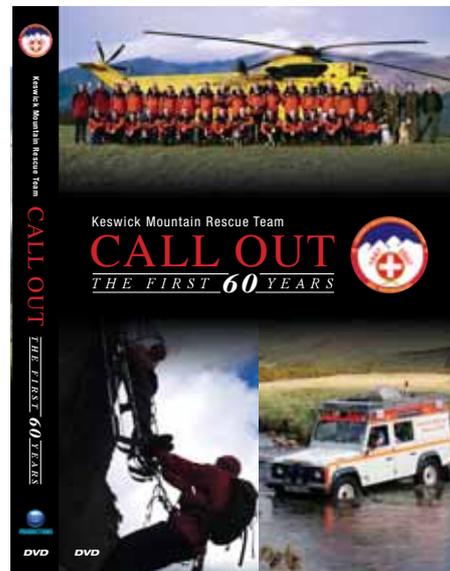
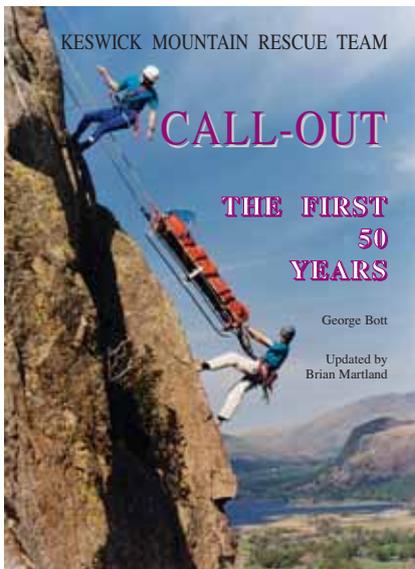
On 24 April 1946, Wilfrid Noyce, later a member of John Hunt's successful Everest team, was badly injured while he was climbing on Great Gable. His rescue – a long and difficult operation – prompted a local climber, Colonel Horace Westmorland, to form a properly organised Mountain Rescue Team.

From its humble beginnings, the Team has grown into a highly efficient, well-equipped group of volunteers, ready to respond to a call-out for help at any time of day or night.

CALL-OUT traces the story of the first 50 years of the Team, a history that records hardship and humour, dedication and drama, courage and commitment.

CALL-OUT has a full colour cover, photographs in colour and black and white, 60 pages. An extra four pages have been added to bring the story up to date.

All proceeds from the sale of **CALL-OUT** go to Team Funds.



CALL-OUT – 60th Anniversary DVD

Launched in August 2007. Running time approximately 71 minutes.

A look at the Team sixty years after the first rescue in 1947, featuring the varied exercises and call-outs attended by the Team.

Foreword by Sir Chris Bonington.

Bonus chapters include: The Rescue Base, Mountain Advice, Photographic Slide Show.

Also includes a section on facts and statistics, with information in the form of PDF files available to PC and Mac users.

All proceeds from the sale of the **DVD** go to Team Funds.

Both obtainable from Mick Guy,
Limhus,
High Hill,
Keswick,
Cumbria CA12 5PB.

Cheques should be made payable to:
Keswick Mountain Rescue Team.

Book £9.00

DVD £10.00

including postage and packaging

And finally, another casualty's account

This is the tale of the gallant Steve Kirton

*Though actual events are still quite uncertain
He conquered Blencathra beyond all doubt
But while he descended, his legs they gave out
He slipped and did fall (at least ninety feet?)
And landed on t'rocks with only one leg complete
Fell rescue was summoned and sped to his aid
And he, fighting the pain, on a stretcher was laid
Twelve men it did take to lower this brave chap
And not once did he moan for his misplaced kneecap
But heed you this warning when altitude walking
Keep your mind on your footing and not on your talking !*

8th June 2010



Steve Kirton



*In an emergency for
Mountain Rescue
call 999 (or 112)*

Be prepared to state:

- Your name, and the number of the telephone from which you are ringing, and its location
 - The nature of the incident, and its *accurate* location, with a Grid Reference if possible
 - The time of the incident
 - The number of casualties
 - The details of any injuries
-
- **STAY BY THE PHONE** so that the Team can contact you

